

SECTION 3

Please ensure you have read the SANESA general Rules and Regulations Section 1 and 2



CORE LEAGUE DISCIPLINE SPECIFIC

The SAEF is the National Federation which is overseeing the Technical Discipline Rules for the following disciplines comprising the **CORE LEAGUE** of SANESA:

1. Jumping
2. Dressage / Freestyle
3. Showing – Performance Riding
4. Showing - Working Riding
5. Showing - Working Hunter
6. Equitation
7. Prix Caprilli

Although SANESA will endeavor to adhere to all SAEF and DSA Technical Discipline Rules including special dispensations noted in this document, SANESA Rules and Regulations will be final.

DRESSAGE FREESTYLE DISPENSATIONS - GRANTED BY DRESSAGE SOUTH AFRICA TO SANESA

1. SANESA DRESSAGE FREESTYLE RULES
Dressage Freestyle Rules as per DRESSAGE SOUTH AFRICA (“DSA”) (which can be found on SANESA website under “Discipline offered – Dressage Freestyle”) shall apply, subject only to the dispensations as set out herein, which rules specifically include/exclude, inter alia, the following:
 - 1.1 It is not a requirement for Free Style levels to be the same as Dressage. Riders may cross enter the levels between these two disciplines.
 - 1.2 No horse or pony may do more than 4 classes per day, except ponies competing ONLY in Level 0 Lead Rein classes, which may do no more than 6 classes per day;
 - 1.3 It is the responsibility of the rider/parent/Chef d'Equipe to make sure the correct tests are prepared;
 - 1.4 All ponies/horses in Dressage are to be clean, neatly turned out and plaited;
 - 1.5 The onus is on the rider to ensure that he/she and his/her horse/pony are correctly registered and have entered in the correct classes and to ensure grading is selected on entry to be considered for DSA grading and ranking points.
 - 1.6 It is on the onus of the rider/parent to check that the grading and ranking points are issued by the relevant discipline structure.
2. DRESSAGE FREESTYLE DISPENSATIONS GIVEN TO SANESA
 - 2.1 A horse or pony may compete in the same class with two different riders.

- 2.2 Subject to the restriction on the number of classes that a horse or pony may do per day as set out in 1.2 above;
- 2.2.1 No horse or pony may do more than 2 dressage classes a day other than Level 0 lead rein **only** who can do 6 classes a day.
 - 2.2.2 Level 0 On and off lead can do a maximum of 4 classes a day.
 - 2.2.3 If participating in Third, Fourth and **PSG level tests a horse may not compete more than 1 test on one day (this includes pure Dressage).**
 - 2.2.4 Learner judges may judge for all non-graded classes and Qualified NIP instructors and FEI 1 & 2 qualified coaches may judge all level 0 and 1 High schools and Primary schools Level 2.

3. SANESA SPECIFIC FREESTYLE DRESSAGE RULES AND REGULATIONS

3.1 PRIMARY SCHOOLS DRESSAGE LEAGUE

- 3.1.1 Rising Stars Challenge Classes: No Level 0 classes offered.
- 3.1.2 Normal League Classes:
 - Level 1: No Level 1 classes offered.
 - Level 2: DSA Training Level Tests (40 x 20 arena)
 - Level 3: DSA First Level Tests (60 x 20 arena)
 - Level 5: DSA Second Level Tests (60 x 20 arena)
 - Level 7: DSA Third Level Tests (60 x 20 arena)

3.2 HIGH SCHOOLS DRESSAGE LEAGUE

- 3.2.1 Rising Stars Challenge Classes: No Level 0 classes offered.
- 3.2.2 Normal League Classes:
 - Level 1: DSA Training Level Test (60 x 20 arena)
 - Level 2: DSA First Level Test (60 x 20 arena)
 - Level 3: DSA Second Level Test (60 x 20 arena)
 - Level 5: DSA Third Level Test (60 x 20 arena)
 - Level 7 ADV : DSA Fourth Level Test (60 x 20)
 - Level 7 PSG : (Junior Rider Test (60 x 20)

4. SADDLERY

- 4.1 Dressage saddles which must be close to the horse and have long, near vertical flaps are compulsory from Elementary medium level upward. General purpose saddles may be used in the lower grades.
- 4.2 Breast plates and neck straps are permitted. Cruppers on ponies are permitted.
- 4.3 Bridles shall be as per instruction on the official test.
- 4.4 Permitted bits are allowed depending on the test ridden. For further explanation please consult Dressage SA National rules document **(pg.26/27, pg.65-72)**
- 4.5 Pelhams with connectors are allowed for Pony rider Prelim classes only.
- 4.6 Bit guards are NOT permitted.
- 4.7 Either a dropped noseband or a Cavesson as illustrated may be used with a snaffle bridle, but not both. **(pg. 65/66/72)**
- 4.8 During warm-up boots, bandages, running martingales and neck straps are permitted.
- 4.9 Side reins may ONLY be used when lungeing (unridden), but no bearing, running or balancing reins or any other gadgets of any kind may be used.
- 4.10 Lungelines may NOT be attached from the girth or any part of the saddle or surcingle.
- 4.11 The use of more than one whip is strictly prohibited

4.12 Exercising or warming up in anything other than the permitted saddlery shall entail elimination of both horse and rider from the event.

4.13 Before entering the arena to ride the test, all boots, bandages, running martingales, bit guards, earmuffs, blinkers and saddle covers must be removed.

4.14 Bridal numbers?

5. RIDER'S TURN-OUT

5.1 Dress Code:

5.1.1 Protective headgear: three-point harness:

5.1.2 Jacket: Black, navy or dark colour jacket. (Advanced – Tail coat in dark colour). A SANESA rider may wear, and may not be penalised for wearing a school blazer, jacket or tracksuit top, provided the rider present neatly;

5.1.3 Jodhpurs: White/off-white jodhpurs

5.1.4 Boots: Long black boots or leather leggings.(suede not allowed). Pony riders may wear jodhpur boots

5.1.5 Gloves - White / off-white, or same colour as jacket. A SANESA rider may not be penalised for failing to wear gloves for Levels 0 to 3.

5.2 Whip may not exceed 110cm including tassel. (Pony rider whip with maximum length 100cm including the tassel). Crops and showing canes are not permitted.

5.3 Spurs are allowed for all tests and must be made of metal other than a Pony rider - must be blunt metal spurs no longer than 3.5cm. Rowel spurs are not allowed. NO SPURS allowed in ALL level 0 disciplines. Please refer to Dressage SA National rules document for specifications.

5.4 All riders when mounted, must wear protective headgear, secured by a three point harness, at all times.

ADDITIONAL INFORMATION

Freestyle to Music, sometimes known as Musical Kur or simply kur (from German kür, "freestyle") is a form of dressage competition where the horses paces are set to music to create a competitive "dance". Movements and figures are choreographed to meet the technical requirements of the particular level with carefully chosen music that highlights the horse/rider combination. Musical Freestyles are entertaining and offer great audience appeal.

The scoring of the freestyle is divided up into two major sections, known as Technical Execution, and Artistic Presentation.

Technical requirements:

The technical section is made up of scores for each of the compulsory movements. The technical requirements of each level mirror the level of training and balance expected in the compulsory tests at that level. Competence and ease in the execution of the movements is crucial to a successful program.

While the Technical Execution is divided so as to make up half the final score (50%), the technical components of rhythm, energy and elasticity and harmony between horse and rider are scored on the artistic portion score sheet as replacement for the collective marks on a set test, additionally, poor technical execution can negatively affect the degree of difficulty, Choreography and Music scores, thus the technical execution make up nominally 70% of the final score, and can affect all of the marks.

Artistic:

The Artistic score is usually divided into 5 sections each with a coefficient of four at International competitions, they are:

- Rhythm, Energy and Elasticity
- Harmony between horse & rider
- Choreography
- Degree of Difficulty
- Choice and Interpretation of the music

The Rhythm, Energy and Elasticity mark comprises the first two collective marks from a set test, that being Paces and Impulsion, while the Harmony between Horse & Rider mark is made up of the second two: Submission and Rider. The remaining scores are somewhat connected to the technical execution, but are for the most part dependent on the artistic qualities of the test.

Choreography:

The choreography must incorporate all the technical requirements for the level but is otherwise open to creative choices and highlighting the horse's strong points. Good marks are awarded to inventive choreography which contains movements not taken directly out of the set tests, but has an element of surprise and adventure to their placement. However, there should still be a logical order and flow to the movements, such as symmetry and without too many changes between the paces. A chaotic freestyle would score worse than a basic one.

Music:

The music chosen will depend on the horse's movement, type, personality, and the rider's own musical tastes but should serve to accentuate all of them. Music for freestyles can be found in a variety of styles; Classical music, show tunes, movie scores, orchestral versions of pop and contemporary music are common choices.

Generally, it is preferred that the music for all three gaits should be of the same genre.

The interpretation of the music means that it should enhance the horse's way of going and match the tempos of his gaits. The music should suggest the movements; transitions should correspond to the transitions in the music. It is imperative that the choreography interpret the music. Movements and figures should be started and finished at obvious musical phrases.

Degree of difficulty:

The level of difficulty should correspond to the horse's abilities so that the ride looks easy. A horse which is more advanced horse for any given level will be able to perform more complex movement combinations, or more extreme movements (e.g. 720° pirouette, 2:3 Half-Pass etc.) which are rewarded as being more difficult. However, this comes at the increased risk of loss of rhythm or a mistake in sequence, which would result in more marks lost that would have been gained. A good freestyle program is entertaining to the audience and pleasing to perform.